



## Bouncing Back with Baby Basics Prenatal Class Topics

### **Session 1: Introduction to Baby Basics and Body Vocabulary**

- Hand out Baby Basic book + planner, review
- Talk about other class incentives (First 5 LA, gift bag)
- Go over class schedule
- Develop ground rules as a group
- What would you like to learn more about?

### **Session 2: Nutrition and Building Healthy Eating Habits**

- What should you eat? (food groups, serving size, MyPlate)
- Reading food labels
- Healthy substitutes
- Appropriate weight gain during pregnancy
- Food safety

### **Session 3: Exercise and Pregnancy**

- Is exercise safe during pregnancy?
- What are the recommendations?
- When to stop exercising
- Safe exercise demos – yoga/Zumba

### **Session 4: Breastfeeding**

- Attitudes and beliefs about breastfeeding (T/F quiz)
- Benefits of breast milk for baby and mom
- Baby Friendly, Skin to skin
- Breastfeeding positions
- Effective latching
- Additional support (BF support groups, pumps)

### **Session 5: Labor and Delivery**

- When to go to the hospital, triage, admission
- Stages of labor, false labor vs. active labor, contractions

- Options for pain management
- What baby will look like when it is born (vernix, Mongolian spots, milia, puffiness)
- Hospital policy (stay, number of people in the room, video taping etc.)
- Security bands
- What to pack in your overnight bag
- HOSPITAL TOUR

#### **Session 6: Comfort Techniques during Labor**

- Role of a doula
- Cycle of fear, pain, tension
- Comfort techniques (breathing, lavender sock, scented candles, picture/image)
- Laboring positions
- How labor partner can help

#### **Session 7: Postpartum Care for Mom**

- Post birth vaginal care/cesarean section care
- Postpartum depression
- Contraception

#### **Session 8: Postpartum Care for Baby**

- Car seat safety
- Cord care
- Bathing your baby
- How to swaddle your baby
- Safe sleep, SIDS



Please call Vanessa at 310-222-3737 for more information!